



FALL 2025 GROUP FITNESS SCHEDULE

EFFECTIVE OCTOBER 18 CLASS REGISTRATION IS REQUIRED

- Studio 1
- Studio 2
- Studio 3
- Cycling
- Pools
- Sport Court
- Evening Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle/ Power Zone Cycle 5:30-6:15am	Strength Development 5:30-6:15am	Cycle 5:30-6:15am	Strong & Lean 5:30-6:15am	Gentle Moves 8:00-8:45am	BODYATTACK™ 8:30-9:15am	Yoga Flex 9:00-10:00am
Aqua Box 8:00-8:45am	Athletic Aqua 8:00-8:45am	Aqua Zumba 8:00-8:45am	Athletic Aqua 8:00-8:45am	Aqua Yoga 9:00-9:45am	Cycle 8:30-9:15am	Power Zone Cycling 9:00-9:45 am
Gentle Moves 8:00-8:45am	Gentle Yoga 8:00-9:00am	Strength Development 8:30-9:15am	Strong & Lean 8:30-9:15am	Tabata 9:15-10:00am	Barre Burn 8:30-9:15am	BODYCOMBAT™ 9:30-10:30am
Aqua Sculpt & Tone 9:00-9:45am	Aqua Yoga 9:00-9:45am	Aqua Sculpt & Tone 9:00-9:45am	Aqua Sculpt & Tone 9:00-9:45am	YogaFlex 9:30-10:30am	AquaZumba 9:00-9:45am	Strength Development 10:00-10:45am
Pilates Mat 9:00-9:45am	BODYPUMP™ 9:00-10:00am	Tai Chi 9:00-10:00am	Gentle Yoga 9:15-10:15am	Step IT 10:30-11:15am	Mixed Fit 9:30-10:15am	
BODYCOMBAT™ Mash-Up 9:15-10:00am	Interval Burn 9:15-10:00am	Pilates Mat 9:15-10:00am	BODYSTEP™ 9:30-10:15am	BODYPUMP™ 5:30-6:30pm	BODYBALANCE™ 9:30-10:30am	
Strong & Lean Plus 9:30 - 10:15am	Cardio Barre 9:30-10:15am	Circ-IT 9:30-10:15am	Cycle 9:30-10:15am		BODYPUMP™ 9:30-10:30am	
Zumba 10:30-11:30am	Cycle 10:15-11:00am	Les Mills CORE™ 10:15-11:00am	BODYBALANCE™ 10:30-11:30am			
R.E.V. 5:00-5:45pm	Cardio Drum & Dance 10:15-11:00am	Line Dancing 10:30-11:30am	Barre Burn 5:30-6:15pm			
Freestyle Step 6:00-6:45pm	Reset & Recover 10:30-11:15am	Strength Development 4:30-5:15pm	BODYPUMP™ 5:30-6:30pm			
Cycle & Core 6:00-7:15pm	Tabata 5:30-6:15pm	Core & More 5:30-6:00pm	Cycle/Strength 6:00-7:00pm			
Hot Yoga 6:30-7:30pm	BODYPUMP™ 6:00-7:00pm	Yin Yoga 6:30-7:30pm	Aqua Sculpt & Tone 6:00-6:45pm			
Strength Development 6:30-7:15pm	Aqua Sculpt & Tone 6:00-6:45pm	Zumba 6:30-7:30pm				
Core XP 6:50-7:15pm	BODYBALANCE™ 6:30-7:30pm					
	Cardio Drum & Dance 6:30-7:15pm					

Try something new!

We're excited to bring new and exciting Small Group Training programs to The Arena Club this spring! Whether you're looking to build strength, boost endurance, or stay motivated, our expert coaches will guide you every step of the way in a fun, supportive environment.

Scan Below for our Small Group Training Options!



*Class Schedules are Subject to Change.

GROUP FITNESS CLASS DESCRIPTIONS

Barre Burn - 45 Minutes

Barre Burn is a next-level barre class that will have your muscles shaking & your body changing! This class is guaranteed to show you new muscles that your body will feel the next day! Combining Pilates & isometric training, you will love the results!

BODYATTACK™ (Les Mills) - 60 Minutes

The sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

BODYCOMBAT™ (Les Mills) 60 Minutes

Les Mills Body Combat is a fiercely energetic program inspired by mixed martial arts. It draws from a wide array of disciplines such as karate, boxing, Taekwondo, Tai Chi and Muay Thai.

BODYCOMBAT™ Mashup- 60 Minutes

This class uses Les Mills BODYCOMBAT tracks to build speed and power, along with conditioning tracks for endurance. Then finish with some challenging core work using weights and bands!

BODYPUMP™ (Les Mills) - 60 Minutes

The "original" barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, you will get a total body workout. *Registration Required-40 spots*
BodyPump45 is an express format, 45 minutes

BodyStep - 45 Minutes

Basic stepping is at the heart of this step aerobic workout designed to tone your butt and thighs. You can expect upbeat stepping, squats, lunges, pushups, burpees and more for a fun, uplifting, full body workout.

Cardio Barre - 45 Minutes

A full-body, low-impact workout that combines traditional barre exercises with bursts of cardio. This class will tone, strengthen, and lengthen your muscles and give you a great cardio workout.

Cardio Drum & Dance 45 Minutes

Two drumsticks, a ball and some awesome tunes are the foundation for this fun, whole body workout. Join the party as we squat, lunge, dance, and drum our way through a variety of upbeat songs that will have your toes tapping and leave you wanting more!

BODYCOMBAT™ Mashup- 60 Minutes

This class uses boxing tracks to build speed and power, along with conditioning tracks for endurance. Then finish off with some challenging core work using weights and bands!

CORE (Les Mills) - 45 Minutes

An intense core workout designed to build strength, stability and endurance in the muscles that support your core. More than just an ab workout, it includes exercises that utilize bands, plates, and body weight exercises.

Core & More - 30 Minutes

Strengthen your core and more with this functional approach to core training. Multi-planar compound movements will target all components of your core and more!

Cycle - 45 Minutes

This indoor cycling class takes you on the road, flats, hills and sprint drills will improve your overall fitness even in the "off season."

Cycle: PowerZone - 45 Minutes

Power Zone Cycling is a performance-based indoor cycling class that uses personalized power zones/ intensities to tailor each workout to your current fitness level. By training within specific intensity zones, you'll get the most out of every ride, whether you're just starting out or looking to level-up.

Cycle/Strength - 60 Minutes

Check both your cardio and strength boxes with this class: 30 minutes of cycling followed by 30 minutes of strength training for an action-packed, complete workout!

Freestyle Step - 45 Minutes

Not too basic and not too extreme—just right. Intermediate step patterns provide just the right amount of flavor to your cardio workout!

Gentle Moves ♿ - 45 Minutes

This class incorporates balance, toning, flexibility and cardio with very little joint impact. There will be the option to use a chair. This is also a wheelchair friendly workout class.

Interval Burn - 45 Minutes

Interval Burn is a dynamic blend of strength, cardio, and core work, using dumbbells and high-energy intervals to ignite and sculpt your body.

Line Dancing - 30 Minutes

Low impact, easy to learn moves blended together for a fun choreography! Country, pop, hip hop, we will stomp it out to all different genres. Athletic shoes, no boots please.

Mixed Fit - 45 Minutes

A people-inspired dance fitness class incorporating explosive moves and bodyweight toning for a fun, full body workout. The moves are easy to follow so you can jump right in.

REV - 45 Minutes

Resistance, Endurance and Variety. A combination class that brings athletic cardio moves together with strength training. The variety will challenge you and keep you coming back for more!

Step I.I. - 45 Minutes

Step Interval Training—a blend of step patterns and strength work for a complete workout!

Strength Development (Les Mills) - 45 Minutes

Les Mills Strength Development is a 45-minute class that heroes the essential elements of resistance training. Each workout focuses on developing fundamental strength elements in a balanced and consistent way. This science-backed workout consists of lower reps, higher weights, and the use of a variety of strength training protocols proven to increase your strength.

Strong and Lean - 45 Minutes

Not your traditional strength training...get strong and lean with alternative training techniques and tools. Strong & Lean Plus includes a sprinkle of cardio and core thrown in to cover all your bases!

Studio Circ-II - 45 Minutes

An intermediate to advanced circuit class utilizing stations, intervals and different training tools to challenge your strength, cardio and balance skills.

Tabata - 45 Minutes

Interval Training using the Tabata protocol. A blend of strength, core and cardio with something for everyone! It will truly challenge you to move to your next level of fitness and performance.

Zumba™ 60 Minutes

The Zumba™ program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Ditch the workout, join the party!

MIND & BODY FORMATS

BODYBALANCE™ (Les Mills) ☺ - 60 Minutes

The Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. (Formerly known as BodyFlow)

Gentle Yoga ☺ - 45 Minutes

A gentle approach to Yoga designed for all ages, body types and physical abilities. Improve strength, endurance, flexibility, and balance, while promoting mindfulness and focused awareness.

Hot Yoga - 60 Minutes

Experience a heated mind-body-breath practice combining flowing poses at a moderate to advanced level. Designed to boost physical and mental well-being. Not suitable for those with heart conditions or heat intolerance.

Pilates Mat☺ - 45 Minutes

We will be stretching and strengthening every muscle from your fingertips to your toes. This format also incorporates exercises designed to improve posture, flexibility and balance.

Reset & Recover - 45 Minutes

Designed to promote flexibility and mobility, increasing both functionality and range of motion—factors often overlooked but imperative to fitness and daily life. Reset your body to healthier ranges of motion and improved function using rollers, trigger balls and stretches.

Yin yoga- 60 Minutes

De-stress with this slow paced, relaxing yin yoga class. Yin yoga uses Chinese principles to allow the mind to settle while focusing on the connective tissue, ligaments and the joints.

YogaFlex☺ @ - 60 Minutes

This class is a unique blend of Ashtanga and Hatha Yoga, combined to improve core strength, flexibility, posture, stability and coordination.

AQUA CLASSES

Athletic Aqua Intervals ☺ - 45 Minutes

A combination of cardio and strength, using the water and other tools to add intensity and resistance. Tap into our inner athlete!

Aqua Box☺ - 45 Minutes

Think kickboxing meets water – all the intensity with none of the impact! Kicks, blocks, and punch combinations designed to improve your strength, flexibility, and cardiovascular conditioning.

Aqua Line Dancing ☺ - 45 Minutes

This low-impact, high fun class brings the joy of line dancing to the water. Set to upbeat country, pop, and party hits, you'll learn classic line dance moves adapted for the pool.

Aqua Sculpt & Tone ☺ - 45 Minutes

Familiar strength and conditioning exercises in the water. Reshape your body and improve flexibility and balance with or without equipment. This class stays within the recommended American Arthritis Foundation water exercises.

Aqua Yoga ☺ - 45 Minutes

This class is for all fitness levels! Enjoy Yoga poses in the warmer water to help develop strength, static balance and range of motion.

Aqua Zumba™ ☺ - 45 Minutes

The "pool party" workout for all ages. Fusing Latin-inspired dance moves and fitness with Latin rhythms, you will Cumbia, Salsa and Merengue your way to good health.